

BEST FOR... *FINE-TUNING*

Lefay, Lake Garda, Italy

An Italianate air prevails at this holistic hideaway, with its Lake Garda views and olive groves – but Lefay’s approach to wellness is altogether more worldly (a blend of Chinese medicine and Western know-how). Most guests come seeking respite (from daily life, illness or emotional burden) and all find reprieve in Lefay’s nurturing surrounds and tried-and-tested methods. Restoring balance to the organs is key, achieved through traditional means such as moxibustion, acupuncture or reflexology – though the subtle yet seismic shift that comes from guided meditation walks and dining on organic fare is not to be underestimated. And when equilibrium is reached, the real magic kicks in: sleep comes easily; emotions level out; even skin feels softer (helped by the lavender-infused aromatherapy baths).



Healing Holidays (healingholidays.com) offers a three-night Discovery programme, full board, from £1,279, including British Airways flights and transfers.